

School-Home Emotional Support Plan

A simple printable for moms to build emotional connection and collaboration with teachers

Child's Name: _____

Grade/Class: _____

Teacher's Name: _____

Last Reviewed: _____

1. How My Child Reacts When Upset:

(Check all that apply)

- ☐ Cries
- ☐ Shuts down
- ☐ Gets angry
- ☐ Talks about it
- ☐ Seeks comfort
- ☐ Needs alone time
- ☐ Other: _____

2. Signs My Child Is Struggling (at home):

(Check all that apply)

- ☐ Avoids talking about school
- ☐ Doesn't want to go to school
- ☐ Changes in eating/sleeping
- ☐ Says, "Nobody likes me"
- ☐ Less interest in learning
- ☐ Other: _____

3. What Works for My Child:

(Check all that apply)

- ☐ Positive reinforcement
- ☐ Gentle redirection
- ☐ One-on-one conversations
- ☐ Allowing breaks
- ☐ Visual reminders (charts, images)
- ☐ Other: _____

4. What I'm Working On at Home:

(e.g., emotional regulation, confidence building)

5. How the Teacher Can Help:

(e.g., seat arrangement, group support, heads-up if issues arise)

6. Preferred Way to Communicate:

(Check one or more)

- ☐ Email
- ☐ Phone
- ☐ Parent-teacher journal
- ☐ In-person
- ☐ Other: _____



Let's work together to raise a resilient and happy learner